NICK MACCHIONE, FACHE

# HEALTH AND HUMAN SERVICES AGENCY

BEHAVIORAL HEALTH SERVICES 3255 CAMINO DEL RIO SOUTH, MAIL STOP P-531 SAN DIEGO, CA 92108-3806 (619) 563-2700 • FAX (619) 563-2705 ALFREDO AGUIRRE DIRECTOR, BEHAVIORAL HEALTH SERVICES

September 1, 2017

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director

Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT - SEPTEMBER 2017

#### 1. ACTION ITEM:

# 1.1 Mental Health Services Act (MHSA) Three-Year Program and Expenditure Plan: Fiscal Years 2017-18 through 2019-20

In compliance with policies of the Mental Health Services Oversight and Accountability Commission, (MHSOAC), the County of San Diego Health and Human Services Agency, Behavioral Health Services has developed a Mental Health Services Act (MHSA) Three-Year Program and Expenditure Plan: FY 2017-18 through 2019-20. This Three-Year Plan contains information on the programs and expenditures for Community Services and Support (CSS), Prevention and Early Intervention (PEI), Innovation (INN), Workforce Education and Training (WET), and Capital Facilities and Technological Need (CFTN). The planned total expenditures for FY 2017-18 through FY 2019-20 for all components are \$569,435,395. The Three-Year Plan also provides details of the community program planning process, future funding priorities, and proposals for Innovation programs.

Before developing the Three-Year Plan, Behavioral Health Services solicited input from stakeholders through an extensive series of public forums. From September through November 2016, more than 550 people participated in 12 community forums, and more than 100 individuals joined in six specialty focus groups. Attendees engaged in an adapted "World Café" process conducted by social science evaluation and research firm Hoffman Clark and Associates. The method was designed to capture each group's perspective and yield a workable ranking of priorities to guide decision-making and planning.

This item requests Board of Supervisors action to: 1) accept and approve the County of San Diego Mental Health Services Act Three-Year Program and Expenditure Plan: Fiscal Years 2017-18 through 2019-20; 2) accept and approve the proposed MHSA Innovation Program and Expenditure Plan Update, which includes additional funding for previously approved projects; 3) authorize the Director of Purchasing and Contracting to issue competitive solicitations for the future funding priorities identified in the Three-Year Plan; and 4) authorize the Director of Purchasing and Contracting to amend the Innovation Evaluation contract with UCSD in alignment with Action 2 above.



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It is, THEREFORE, staff's recommendation that your Board support the approvals and authorizations needed to implement the Mental Health Services Act Three Year Program and Expenditure Plan: Fiscal Years 2017-18 through 2019-20.

# 1.2 Confirmation of the Nominating Committee for the 2018 Executive Committee Slate

In September of each year the BHAB Chairperson appoints a Nominating Committee of at least three persons to select a slate of Executive Committee officers to stand for election for the upcoming year. The Nominating Committee, also in September, is confirmed by the entire Board. This action seeks BHAB's confirmation of the Nominating Committee comprised of Judith Yates, Colin MacKinnon, and K.C. Strang.

ACTION: Vote to confirm the Nominating Committee as appointed by the Chairperson.

#### 2. LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS/ANNOUNCEMENTS

# 2.1 Edgemoor Wins American Health Care Association Award

Behavioral Health Services' Edgemoor Distinct Part Skilled Nursing Facility has earned a Gold Award for "Excellence in Quality" from the American Health Care Association (AHCA). The Gold Award is the third award level progressing toward the Baldridge Award for Professional Excellence in Healthcare. All levels are highly competitive and have a rigorous evaluation process. Edgemoor won a Bronze Award for "Commitment to Quality" in 2010 and a Silver Award for "Achievement in Quality" in 2014. In winning a Gold Award, Edgemoor demonstrated superior performance in the areas of leadership, strategic planning, and consumer and staff satisfaction.

#### 2.2 Upcoming Events

# 2.2.1 September 14-16, 2017 - 8<sup>th</sup> Annual Early Childhood Mental Health Conference (ECMH) This year's ECMH conference, also known as "We Can't Wait," will be held September 1416 at the Crowne Plaza Hotel in Mission Valley. The theme is The Art and Science of Healing: Every Time. Every Place. Every Relationship. For more information and to

register for this event, visit; www.earlychildhoodmentalhealth-sandiego.com

# 2.2.2 September 16, 2017 - Recovery Happens

The community is invited to once again join BHS in the annual Recovery Happens event at Liberty Station from 10:00 a.m. to 1:00 p.m. Join the recovery community for a day celebrating and honoring those on their recovery journey and the people that support them. The event will include a countdown, resource fair, and fun family activities in a picnic-style atmosphere. Free parking is available. Visit <a href="http://sandiego.networkofcare.org/mh/">http://sandiego.networkofcare.org/mh/</a> and click on Recovery Happens: Celebration in the Park for details.

# 2.2.3 September 29, 2017 - Meeting of the Minds Conference and Resource Fair

Meeting of the Minds is an annual behavioral health conference and resource fair that highlights innovative and unique mental health prevention, treatment and supportive care resources. The conference will be held at the Sheraton Harbor Island Hotel from 7:30 a.m. to 4:30 p.m. For more information and to register for the event visit: http://mhasd.org/events/20th-annual-meeting-of-the-minds-conference-and-resource-fair/



# 2.2.4 October 14, 2017 - Community Alliance for Health Minds (CAHM) Forum

The CAHM Forum, *From Hopelessness to Hope and Healing*, will be held at California State University, San Marcos, from 8:00 a.m. to 3:30 p.m. In addition to workshops and a resource fair, the event features a keynote speech by Mark S. Komrad, MD. Registration and program information are available at <a href="https://www.cahmsd.org">www.cahmsd.org</a>.

# 3. UPDATE FROM THE CHILDREN, YOUTH AND FAMILIES (CYF) SYSTEM OF CARE

# 3.1 CYF May is Mental Health Month Celebrations Recap

- 3.1.1 CYF through the CYF Liaison contract with NAMI San Diego, hosted the 3<sup>rd</sup> Annual Children's Mental Health Well-Being Celebration on May 3, 2017, at the Spring Valley East Community Center. CYF began hosting the annual event as part of May is Mental Health Month in 2015 to bring attention to Children's Mental Health Awareness Week. One of the activities in this year's celebration was an art project based on the celebration theme: *Growth, Health, Hope*. This activity was led by the Homeless Empowerment through Art and Leadership (HEAL) program and completed by children and youth served by CYF who attended the celebration event. The completed art project is being displayed at the County Administration Center.
- 3.1.2 Several years ago, in order to raise awareness and reduce the stigma of mental illness, the County-operated, Stabilization Treatment and Transition (STAT) team at the Kearny Mesa Juvenile Detention Facility/Girls Rehabilitation Facility started a month-long educational program for youth. This year, in collaboration with the San Diego County Office of Education SOAR Academy teachers, more than 100 youth in the two facilities received weekly worksheets related to mental health topics such as stress reduction strategies, automatic negative thoughts and anger management. At the end of the May, a facility-wide poster contest was held where youth art work related to mental health was displayed and voted on by employees and visitors. The best posters and the runner-ups received prizes, and the unit with the most participation was honored.

# 3.2 MHSA Innovations Update

The Medication Clinic Innovation plan was approved by the Mental Health Services Oversight and Accountability Commission (MHSOAC) on May 25, 2017. The plan proposes countywide psychotropic medication clinics that would offer children continued medication and Tele-Psychiatry support after completing their primary outpatient treatment. This program will also benefit those children with severe developmental needs. Program implementation is expected in Fiscal Year 2019-20.

#### 3.3 National Association of Counties (NACo) Achievement Awards for CYF Programs

3.3.1 The Behavioral Health Running Program is a partnership program between CYF Juvenile Forensics and the Juvenile Probation Department. This program was created to provide a pro-social physical outlet for youth who are living in probation rehabilitation camps in rural San Diego County. Many male adolescent probation wards come to the camps with histories of aggressive behavior, anxiety and depression. Beneficial activities and services are offered to the youth within the confines of the camp; however, the running program provides an opportunity for youth to learn the discipline of long distance running and experience the health benefits and feelings of mastery and success outside of the camp fences.



With Probation Department approval and assistance, an informal running program was started by Carlos Nelson, Ph.D., Clinical Psychologist, at the Juvenile Ranch Facility in 2014. Since then, Dr. Nelson and the running program have transferred to Camp Barrett. Trained and supervised by Dr. Nelson and Probation staff, youth living at Camp Barrett participate in 5K and half marathon runs in the San Diego region throughout the year. The running program is a collaborative effort that addresses the needs of mind and body, and exemplifies the *Live Well San Diego* vision. This program was awarded with a 2017 NACo Achievement award.

3.3.2 The Commercially Sexually Exploited Children (CSEC) program is a partnership among CYF, the Juvenile Probation Department and San Diego Youth Services (SDYS). In February 2015, CYF enhanced the Breaking Cycles Graduated Sanctions Program to serve children who are at risk for, or is a victim of, commercial sexual exploitation. This service component provides screening, identification, groups and community referrals to youth at Juvenile Probation facilities. The goal of the CSEC services program is to identify girls between 12 to 17 years of age who are at risk for, or are currently being commercially sexually exploited. Prevention and intervention services are provided within the institution, along with referrals to community providers upon release. A screening tool is used by staff to assign the youth into groups depending on age and risk factor. The CSEC program was awarded a 2017 NACo Achievement Award and selected as one of the "100 Brilliant Ideas at Work" winners.

# 3.4 Fiscal Year 2017-18 New Programs

- 3.4.1 Our Safe Place will operate a certified outpatient behavioral health program for Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) youth. The program will provide diagnostic and treatment services such as individual/family/group psychotherapy, psychiatric services, and case management for children, adolescents, young adults up to the age of 21, and their families, who are low income or uninsured, full scope Medi-Cal beneficiaries. The program will also have four drop-in centers located throughout San Diego County. These centers will offer supportive services to any youth identifying as LGBTQ. The drop-in centers will be open during the week and on the weekend with extended evening hours. They will offer services such as support groups for youth and family members, a mentorship program, community outreach, and trainings. Youth with lived experience will have opportunities for employment as youth partners.
- 3.4.2 The *I Care* program will operate a certified outpatient behavioral health program for youth who are at risk for or are victims of commercial sexual exploitation. The program will provide diagnostic and treatment services such as individual/family/group psychotherapy, psychiatric services, and case management for children, adolescents, young adults up to the age of 21, and their families, who are low income or uninsured, full scope Medi-Cal beneficiaries. The program will also have a drop in center co-located with the outpatient clinic that offers supportive services to any youth who is at risk for, or is a victim of, commercial sexual exploitation and would benefit from the services. The drop-in center will be open during the week and on the weekend with extended evening hours. It will have services such as support groups for youth and family members, a mentorship program, community outreach, trainings and employment opportunities for survivors to work in the program as youth partners. The program was developed to provide a safe and healing environment to victims of commercial sexual exploitation.

# 3.5 Pathways to Well Being (PWB) and Continuum of Care Reform (CCR)

The Continuum of Care Reform continues to be a driving force for Pathways to Well Being to strengthen the close collaboration across BHS, Child Welfare Services (CWS), and Probation.

- 3.5.1 The PWB Training Subcommittee is expanding the PWB one-day training to include integral elements of the Core Practice Model and CCR. Part of this transition includes adding Juvenile Probation into the training facilitation model, and shifting from a triad training model to a quadriad training model. The quadriad is represented by BHS, CWS, Juvenile Probation and Family Partners. The training audience includes the BHS provider system and other direct service providers working with children, youth, and families who participate in Child and Family Teaming. Trainings are tentatively scheduled to begin in January 2018.
- 3.5.2 As of June 6, 2017, PWB staff members are active contributors to the Probation Interagency Placement Committee (IPC) meetings where they advocate for the mental health needs of youth involved with Juvenile Probation who are being reviewed for possible placement in a group home. The IPC meeting is a collaborative process that started under CCR in order to ensure the screening of a youth's needs prior to placement in a group home level of care. The committee includes an Education Liaison, Placement Social Worker from CWS, Probation Placement Officer, Placement Division Public Health Nurse, STAT and PWB representatives.
- 3.5.3 On June 26, 2017, the Department of Health Care Services (DHCS) released the Draft Third Edition of the Medi-Cal Manual for Intensive Care Coordination (ICC), Intensive Home Based Services (IHBS), and Therapeutic Foster Care (TFC) Services for Medi-Cal Beneficiaries. It includes updated information regarding ICC and IHBS, and new information pertaining to TFC.
- 3.5.4 PWB is in the process of facilitating focus groups with CYF providers and youth/families involved in the Child and Family Team (CFT) process. The objective of the focus groups is to gain information from staff, youth and families in order to improve outcomes related to teaming.
- 3.5.5 In Fiscal Year 2016-17 staff:
  - Provided ICC to 1,755 unduplicated children/youth
  - Provided IHBS to 744 unduplicated children/youth
- 3.5.6 CYF continues to work towards implementing CCR Regulations through numerous activities which include:
  - Joining CWS Foster Family Agency and group home contractor's collaboration to educate and train providers of upcoming mental health requirements to prepare potential service providers.
  - Working with CWS and Probation to review Program Statements of providers to ensure compliance with State requirements and move toward establishment of Short Term Residential Treatment Programs (STRTP).
  - Updating group home behavioral health contracts regarding programing and reimbursement.
  - Implementing of Assembly Bill 1299 that addresses out-of-county foster youth receiving services under presumptive transfer of mental health responsibility.



- Progressing toward a CWS, Probation and BHS joint contract to provide CFT meeting facilitation.
- Devoting resources to increased role and frequency of Interagency Placement Committee meetings and process with both CWS and Probation.

# 3.6 Emergency Screening Unit

- 3.6.1 The Emergency Screening Unit (ESU) provides emergency assessment services to youth experiencing an acute psychiatric crisis. ESU's team offers comprehensive screening services, crisis stabilization and facilitates inpatient hospitalization when clinically necessary. ESU also monitors youth inpatient capacity, County bed availability at Rady Children's Hospital Child and Adolescent Psychiatry Service (CAPS), and is the overall gatekeeper for inpatient psychiatric hospitalization of Medi-Cal and indigent youth experiencing a psychiatric crisis.
- 3.6.2 The expansion of the ESU facility from four to twelve crisis stabilization beds in the Central region is scheduled to open in the Fall 2017. BHS will host an open house for all stakeholders.
- 3.6.3 In Fiscal Year 2016-17, ESU screened and assessed 1,073 youth, and diverted 81% of youth from inpatient hospitalization.
- 3.6.4 ESU provides emergency medication support to those youth in the community who require emergency refills. This prevents of the interruption of youth's medication regimen, which likely provides stability and healthy balance to the youth. In Fiscal Year 2016-17, ESU provided medication services to 157 youth. This number is higher than prior years due to a shortage of available youth psychiatry services in San Diego County.

#### 3.7 CYF System of Care Training Academy

The Children Youth and Families System of Care (CYFSOC) Training Academy provides trainings to enhance the work of public systems in providing services to children, youth and families in San Diego County. The Behavioral Health Education and Training Academy (BHETA) continues to work through the CYFSOC Training Academy Committee, a collaboration of the four sectors (Public, Family, Private and Education) of the CYFSOC.

- 3.7.1 In Fiscal Year 2016-17, the CYFSOC Training Academy introduced and delivered eight classroom trainings on Understanding and Diagnosing Complex Behavioral Health Conditions, which trained course participants on understanding and diagnosing complex conditions, and in developing treatment recommendations that follow those diagnoses.
- 3.7.2 The CYFSOC Training Academy also offered classroom trainings on Trauma Informed Parenting and Engaging Families.
- 3.7.3 The CYFSOC Training Academy's Annual Conference, "Honoring the Journey: Partnering with Refugee Families," was held June 1, 2017. The 211 individuals in attendance benefited from conference breakout topics that included working with refugee youth in K-12 education, whole-family care, and system engagement, as well a youth panel during the conference general session.



- 3.7.4 Sponsorships for professional development opportunities were made available to Parent, Family and Youth Support Partners throughout CYF to attend local and statewide conferences. In Fiscal Year 2016-17, two sponsorships were awarded to Parent Partners to attend the California Mental Health Advocates for Children and Youth (CMHACY) Conference, May 17-19, 2017, in Asilomar, CA.
- 3.7.5 Each year, the CYFSOC Training Academy presents an Advancing Principles Award to one individual and one organization who are doing an exceptional job demonstrating the CYFSOC principles. This year's award recipients were Adia Nembhard from the San Diego Center for Children's WrapWorks program and Community Research Foundation's Douglas Young Youth and Family Services Program. The awards were presented at the July 2017 CYFSOC Council meeting.

# 3.8 Children, Youth and Family Liaison (CYFL)

In Fiscal Year 2016-17, the CYFL implemented strategies to reach out to the community regarding their services as the County Family and Youth Liaison, including, but not limited to:

- Working Together trainings
- Principles of Family Youth Professional Partnerships online training
- Monthly Family Youth Partner Coaching groups
- Development of a digital tool to introduce Family Youth Partners through a short video
- Plans to improve the CYF community presence with the use of technology in Fiscal Year 2017-18

# 3.9 Family Services Program Highlight: North County Serenity House (NCSH)

North County Serenity House operates a residential facility that serves up to 120 women (with capacity for up to 20 children under 5 years of age) seeking recovery from Substance Use Disorders (SUD). For clients with co-occurring disorders, the program provides integrated substance use and mental health services which treat both conditions as primary. NCSH delivers gender responsive, trauma informed, and evidence based services. The program provides an environment that is safe, welcoming, culturally responsive, age appropriate, and wellness-focused. Each client is treated as an individual with strengths, assets, and unique needs, and staff takes a strengths-based, empathetic, and relational approach to their work with each woman.

To promote health and wellness, NCSH has implemented a tobacco-free policy for both clients and staff. The process began with training and implementation, with the goal of becoming 100% smoke free. This process has been quite successful. There are some continued struggles, as not all participants want to stop smoking, but the program supports the women who struggle with both behavioral and Nicotine Replacement Therapy (NRT) interventions. NCSH has seen an increased number of women stop smoking by attending the groups, using the NRT supplies and developing a quit plan. This has created a healthier and safer environment for everyone at NCSH. In an effort to support other programs in their desire to promote health and wellness, NCSH has been an active participant in the Change Agents Developing Recovery Excellence Tobacco Cessation workgroup, and has provided presentations to other programs on their efforts and lessons learned.



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Respectfully submitted,

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Behavioral Health Services

AA:bp

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